

What is claimed is:

1. A process for preparing ginseng dietary fiber, comprising the steps of:
 - (a) obtaining ginseng residue produced as a by-product of ginseng extraction, and drying and grinding the ginseng residue;
 - (b) feeding the ginseng residue into a twin-screw extruder with a L/D ratio of 20~40 and operating the twin-screw extruder at a screw speed of 150~400rpm, a feed rate of 20~60kg/hr and a moisture content of 15~40%;
 - (c) adding the result of step (b) to water to prepare a sample with a concentration of 1~10% (w/v), agitating and centrifuging the sample;
 - (d) drying a precipitate obtained by centrifugation in step (c) and preparing water-insoluble ginseng dietary fiber; and
 - (e) filtering a supernatant obtained by centrifugation in step (c), adding isopropanol to the filtrate, the volume of isopropanol added being 3~5 times greater than the volume of the filtrate, obtaining a precipitate, washing the precipitate with isopropanol and acetone, drying, and preparing water-soluble ginseng dietary fiber.
2. Ginseng dietary fiber prepared by the process of claim 1.
3. A process for preparing ginseng oligosaccharides, comprising the steps of:
 - (a) obtaining ginseng residue produced as a by-product of ginseng extraction, and drying and grinding the ginseng residue;
 - (b) treating the ginseng residue with polysaccharide hydrolytic enzymes such as cellulase, hemicellulase, pectinase at a weight ratio of 1:1~1:0.001, agitating at 30~60° for 30 minutes~6 hours, and hydrolyzing polysaccharide components of the ginseng residue;
 - (c) heating the enzyme solution prepared in step (b) at 100°C for 10~30 minutes to inactivate the enzymes, centrifuging and obtaining water-soluble ginseng oligosaccharides solution from a supernatant; and

(d) filtering the supernatant obtained in step (c), sequentially passing the supernatant through an ultrafiltrator for passing ginseng oligosaccharides with a molecular weight of 500~5000, drying the filtrate to prepare ginseng oligosaccharides with desired molecular weights.

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4. Ginseng oligosaccharides prepared by the process of claim 3.